

E-bikes are especially useful for transporting cargo or children



Clockwise from right: Joolize Dymond; Robby Spanring; Joe Cotterill; Richard Pearce (x2); Jonathan Leach

E-bikes are part of the solution to the problems caused by the overuse of cars. They promote active travel as they enable people to incorporate exercise into their everyday journeys more easily, which brings mental and physical health benefits (see cyclinguk.org/article/myth-busting-why-e-cycling-good-you). They're much better for the global and local environment than combustion engines. And they're way cheaper than driving – a welcome benefit in the current cost-of-living crisis.

According to research by World Bicycle Industry Association, e-bikes now account for 10% of global bicycle sales. More people than ever are warming to the idea of a little assistance as they pedal – and some are using an e-bike instead of a car for local journeys.

JUST WHAT THE DOCTOR ORDERED

Cycling UK member Dr Jonathan Leach (right) is a GP who is in his sixties. Before purchasing a Brompton Electric, he used to drive 20km from his home in Worcester to his surgery in Bromsgrove, then drive between home visits during the day. Now he chooses to pedal.

"Having an electric bike makes commuting to and from work a lot quicker," he said. "I'm able to bypass traffic congestion in the town centre, which is a huge bonus, especially at rush hour."

As a medical professional, Dr Leach is well versed in the importance of regular exercise. His e-bike allows him to keep moving and keep fit, even during his busiest workdays. "I regularly arrive at home visits on my e-bike, and for many patients, who are very frail, very elderly



and very lonely, watching me pedal into their driveway on my e-bike is the highlight of their week," he said.

He encourages patients to follow his lead and often suggests using an e-bike for short journeys, especially if they struggle with mobility or have health issues such as osteoarthritis. "I think that e-bikes are a real game changer,"